

# Are you passing up health and good looks—

*just because you are  
growing older?*



Science shows us how Civilization has so robbed many of our foods of these vital factors that today it is a matter of chance whether or not we are getting them.

## In this new way thousands of men and women are regaining the *SPLENDID VIGOR OF YOUTH*

**C**LEAR skin, sparkling eyes, a supple, elastic body—the super-abundance of life which a man or woman has at twenty—

Are you granting that you must lose those just because you are no longer twenty?

Medical science says that old age is not a law—it is merely a habit. You don't have to pass up vim and youthful good looks as a matter of course.

Today, thanks to our newer knowledge of just what it is that maintains this vigor of youth, thousands are starting on the road to perfect health—thousands are regaining the vitality and sparkle that formerly was thought to belong to youth alone.

### *It doesn't depend on age at all*

Physicians have long known that the gradual loss of health that so many people suffer as they get older is due to the fact that the body is not as well nourished as formerly. From some deep underlying cause, it fails to assimilate nourishment as well as it once did. It also fails to eliminate completely the poisons that gather in the system.

But only recently—through a series of experiments of fascinating interest to science—has it been found that these two great needs of the body—building up the tissues and getting rid of poisonous waste matter—must be supplied by certain food factors in our daily meals. It has been found that vigor and grace can be maintained. The splendid fire of youth can be carried on even into middle age. By restoring to the diet certain factors often missing in modern meals, it is even possible to re-

capture it after it has begun to fade.

The most dramatic finding of all was that a familiar food, Fleischmann's Yeast, is rich in these missing elements essential to building up vitality—can eliminate from the body *in a natural way* the waste matter that clogs the intestines.

### *The certain source of the missing food factors*

Today undreamed of possibilities of health and good looks are opened to men and women by the knowledge of the high potency of fresh yeast in building up, and its natural restoration of proper elimination.

Fleischmann's Yeast is being recommended today by physicians and hospitals because it is a fresh food, which provides the factors that build up, and those which keep the system clean—the two basic conditions on which health and good looks rest.

Don't think for a moment you have to accept all the minor ailments that sum up "run-down condition"—loss of appetite, lack of energy, upset stomach, sluggish intestines and nerves on edge, which so many people accept as they begin growing older.



Don't think you have to pass up vim and youthful good looks just because you are no longer twenty.

Hundreds of thousands of men and women eat a cake of Fleischmann's Yeast regularly with each meal. Gradually their loss of spirits disappears. Proper digestion and elimination are restored. Freshness of skin and hair and eyes returns—above all abounding health and vigor to which every one is entitled—as the valuable food factors are restored for which the whole system was starving.

Try eating Fleischmann's Yeast yourself. In most cases, two or three cakes a day will supply the lack in the average meals and restore digestion, correct constipation and give the vigor and freshness that a man or woman can get back even after it has begun to fade.

### *Send for booklet telling what Fleischmann's Yeast has done for others*

Many of the most fascinating scientific experiments in regard to this discovery of such profound importance were made with Fleischmann's Yeast as the richest source of these necessary factors. The report of them has been written in a booklet rich in human interest and valuable information in regard to our needs in diet. Write The Fleischmann Company for this book and they will send it to you free. It contains also many helpful letters from men and women telling just how Fleischmann's Yeast helped them regain the glowing health of youth.

### *What two prominent doctors say:*

A Fellow of the Royal College of Physicians, London, says:—

"Yeast is a valuable source of this vitamin (B-vitamin) and has the additional merits of being comparatively rich in protein and of improving the appetite."

A doctor of medicine and professor of therapeutics at an American university writes:—

"Yeast has long been administered in infections, and is frequently a very valuable treatment. It cleans the tongue, causes movements of the bowels, stimulates the production of white corpuscles."

Because of the unsuspected deficiency in their food, many men and women gradually become bankrupt in vitality—they lose the sparkle and vigor of youth.



THE  
FLEISCHMANN  
COMPANY  
Dept. 253

701 Washington Street  
New York, N. Y.

**FLEISCHMANN'S YEAST is**  
*a corrective food  
not a medicine*

**Send for this book FREE**

Please send me free booklet "The New Importance of Yeast in Diet."

You will quickly learn to like the rich cream-cheesy taste of Fleischmann's Yeast. Some eat it plain from the cake. It is delicious in all malted milk drinks and excellent in fruit juices. Some prefer it just in water. Others spread it on bread or crackers.



Name .....  
Street .....  
City ..... State .....